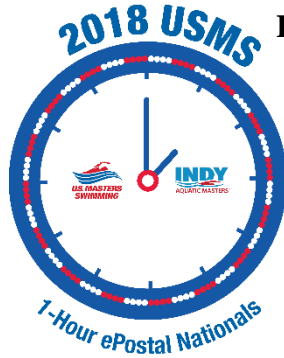


Monday, January 1 - Wednesday, February 28, 2018

USMS One Hour ePostal National Championships



Postal Swim Registration



Registration Schedule

	Open	Close
Individual Registration	Mon, January 1, 2018 12:00 AM HAT	Thu, March 15, 2018 11:59 PM HAT
Relay Team Registration	Fri, March 16, 2018 11:59 PM HAT	Tue, March 20, 2018 11:59 PM HAT

Online Registration is in 'Build' Mode.

More Information Coming Soon...

Hosted by INDY Aquatic Masters

Sanctioned by Greater Indiana LMSC for USMS, Inc.

Date: The Speedo USMS 1-Hour ePostal must be swum in its entirety from January 1, to February 28, 2018.

Remember:

You **MUST** be a currently registered member of USMS or a FINA member national governing body **ON or BEFORE THE DAY OF YOUR SWIM!**

Swim your 1-Hour ePostal event **FIRST** ~ Then enter / register for the USMS 1- Hour ePostal National Championship. For your convenience, have your completed split sheet handy to enter your splits at the prompt. Entries must be submitted electronically via ClubAssistant.com by March 15, 2018. Age will be determined as of 12/31/2018. (This is a change in the rule this year. See "Individual Results" below for rule reference.) Results will be compiled accordingly.

Deadlines:

- All online **individual entry submissions** must be completed by **11:59PM HAT on March 15,**

2018.

- Completed split sheets for *individual National Record breakers only* must be received by the event director by *March 15, 2018*.
- All online [relay entry submissions](#) must be completed by **11:59PM HAT on March 20, 2018**.

Objective: To swim as far as possible in one hour in any pool you choose that is 25 yards or longer. Event results are sent in electronically so you can compare yourself to other swimmers doing the same event. Some people do the 1-Hour ePostal event for competition, while others do it for fitness; all who wish to participate are welcome. The recorded distance (total yards swum) that you submit determines the order of finish. If two or more swimmers report the same distance, a tie will be declared.

Location: Swimmers shall swim the 1-Hour ePostal in any pool 25 yards or longer. Please submit your splits and final distance in the course that you swam your event. For events swum in meter pools, the final distance will be converted automatically by the online entry system by multiplying the distance swum in meters by 1.0936 and then rounded down to the nearest five yard increment and integrated with the yard distances. For online entries for events swum in meter pools, please see the ONLINE ENTRIES section below.

Eligibility: This is a USMS sanctioned event and all participants must be registered for 2018 with USMS (or the equivalent FINA organization for foreign swimmers) on or before the day of their swim. Online entries for USMS members will be verified automatically. Foreign swimmers are not eligible for USMS records or All American status. All foreign swimmers who enter online must submit an electronic copy or mail a copy of their equivalent organization 2018 registration card to the event director by March 10, 2018.

Individual Events: Men and women compete separately in age groups of five-year increments: 18-24, 25-29, 30-34,..100+. **PLEASE NOTE: The swimmer's age as of Dec. 31, 2018 will determine his or her age group. (Reference: USMS rule 301.4: "In open water and postal swims, the eligibility of a swimmer shall be determined by the age of the swimmer on December 31 of the year of competition, except for 18-year-olds, who must be 18 on the day that they swim.")** Therefore, each swimmer can only swim in one age group for the 2018 1-Hour ePostal National Championship.

Fees: \$7.00 for each individual USMS entry (\$10.00 for foreign swimmers) and \$15.00 for each relay entry. Fees are non-refundable. Online entries must be paid by credit card (Visa, MasterCard, Discover) to "ClubAssistant.com Events".

Rules:

- The 2018 USMS Rules govern these events, including USMS Rule 102.12.1 regarding swimwear.
- Drafting, flotation, and propulsive devices (pull buoys, fins, paddles, snorkels, wet suits, etc.) are not permitted.
- No more than two swimmers may share a lane. If a lane is shared, each swimmer must stay on his or her side of the lane during the entire race (i.e. no circle swimming).
- An adult acting as a starter/head timer/referee shall be present at all times during the swim.
- Each swimmer must have a verifier to count laps and record cumulative splits every every two lengths of the pool.
- The timing of the event may be done with a stopwatch or electronic timing device.
- Distances are to be rounded down to the nearest completed five yard increment (i.e., round 2764 yards to 2760 yards). Online entries will be converted automatically from meters to yards if necessary.

- One person may serve as a counter for no more than two swimmers per heat.
- No adjustment may be made for swims completed at altitude.

Unsporting Conduct: Any act of fraud, deception or dishonesty in connection with this event or knowingly providing false information including name, date of birth, age or gender on this event entry form may result in disciplinary action by USMS pursuant to USMS Rule 402.3, 402.4.3 and 402.4.4

Splits/Timing: A stopwatch or electronic timing system shall be used to time the event. Cumulative split times must be recorded to the nearest second on the official event split sheet. [CLICK HERE for PDF Split Sheet](#). This split sheet must be kept for each swimmer. (Final times for **national records must be recorded to the nearest 100th second.**) When a final time has been submitted to the nearest second, .99 second shall be added to the time submitted. When a final time has been submitted to the nearest tenth of a second, .09 second shall be added to the time submitted.

Online Entries: When submitting your results online, please enter your total distance swum IN THE COURSE that you swam it and select the corresponding unit - yards or meters. You will then be asked to enter your 500 yard or meter cumulative split times for the 1-Hour ePostal. At the bottom of the page, your Official Distance will be displayed in yards rounded down to the nearest 5 yard increment. If you entered your total distance swum and your cumulative splits in meters, your Official Distance that will be displayed will have been automatically converted to yards and rounded down to the nearest 5 yard increment. Individuals entering online WILL NOT be required to submit a completed split sheet UNLESS that entrant has broken an individual national record. However, split sheets must remain available upon request of the event director; if it is not provided upon request, the individual entry and applicable relays may be disqualified. Please retain a copy of your completed split sheet for one year after the entry deadline.

Please note that your online registration is not complete until you have received an automated confirmation of your entry via email. If you do not receive an entry confirmation email, please contact the event director.

Any entries received by mail will not be accepted and will be returned to sender.

Completed split sheets for individual National Record breakers must be received by the event director by March 15, 2018. Scan and email to Event Directors info@indyaquaticmasters.com or mail to 2018 1-Hour ePostal National Championship, c/o Indy Aquatic Masters, P.O. Box 30145, Indianapolis, IN., 46220.

Awards: Two options: **Traditional awards:** The first 10 finishers in each age group in the individual event and top 6 teams for relays will receive USMS Long Distance National Championship medals. Additionally, first place finishers in each individual and relay age group will receive a USMS Long Distance Championship patch. Only one patch per event per participant will be awarded. **Non-traditional awards:** Rather than receive a medal, we will send a \$1 donation to the USMS *Swimming Saves Lives Foundation* in your name. We will email a photo of your award and the donation certificate. Designate your award preference on the entry sheet.

T-Shirts/Caps: **NEED NEW LOGO, SHIRT MOCKUP, CAP MOCKUP, OTHER MERCHANDISE.** Please note that we have one design for caps and another for t-shirts. As is our meet tradition, the designs for the 2018 USMS 1-Hour ePostal National Championship T-shirt and cap were developed by local high school students. We liked these two designs so we awarded two student winners. Caps and t-shirts are available for purchase and will be mailed AFTER the event has concluded and the results have been finalized in March. All prices include shipping and handling.

One Hour ePostal Shirts and Caps may be purchased during your online meet entry or separate from your online entry at this [Shopping Cart link](#).

Results: Complete results will be available via the internet. Preliminary individual results will be posted on the USMS website at www.usms.org by March 27, 2018, for two weeks. All corrections must be sent to the event director during those two weeks. Final results will be posted approximately one week later. An email will be sent to all participants when the preliminary results are posted for review.

Relay Events: Relay events will be contested in three categories: 3 men, 3 women, or 4 mixed (2 men, 2 women). Each relay member **MUST** also enter the individual event and be registered with the same USMS Club. Unattached swimmers are not permitted on relays. Participants shall be allowed to swim in only one same-gender and one mixed-gender relay event. The youngest relay member's age shall determine the relay's age group. Age groups are 18+, 25+, 35+, ...95+. The cumulative yardage for the individual swims will be the relay yardage.

Club Event: Each Club will be entered automatically in the Club event. At least three divisions will be recognized, based on the number of individual entries from each club, as determined by the event host and the Long Distance Committee Chair. Relay yards will not be included.

Online Relay Entries: Online relay entries will open on March 14, 2018 (or sooner). All online individual entries will be displayed by USMS Club and will include the entrant's yardage for the Club Relay Coordinators/Builder's reference. **You will only be able to view a listing of YOUR CLUB'S USMS entries.** Online relay entries must be completed by 11:59PM HAT on March 20, 2018.

Questions: Contact Mel Goldstein, Event Director at info@indyaquaticmasters.com, (317) 537-7946.



**PARTICIPANT WAIVER AND RELEASE OF LIABILITY,
ASSUMPTION OF RISK AND INDEMNITY AGREEMENT**

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.

5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant			Date Signed	

Revised 07/01/2014